



COWPENS DEPLOYMENT September Monthly Update

Hello COWPENS Family and Friends,

After a successful hullswap in March and some essential repairs pier side San Diego, USS COWPENS (CG 63) is back and ready for action in the Seventh Fleet Area of Operation, namely the Western Pacific, East China Sea Area. With the excellent addition of Helicopter Anti-Submarine Squadron Light 49 Detachment 6 onboard, the COW is more tactically ready than ever for this deployment. Let's do this! Here is our one month in update.

The Crew of the Mighty Moo is excited to be operational, to participate in multi-nation exercises, and to work with the USS GEORGE WASHINGTON (CVN 73) and her Strike Group in the very near future. COWPENS Sailors have been sharpening the saw since her 17 September deployment date. Quickdraw gun shoots, Man-overboard maneuvering drills, Underway Replenishments, practice torpedo evasion drills, Tomahawk missile strike scenarios, daily flight quarters, and General Quarters drills have kept the crew very busy as we get back into the swing of things out to sea.



(PSSN(SW) Christian Lance during an UNREP with the
USNS Charles DREW)

Don't worry, there has been some time for fun and relaxation! Sunday Steel Beach Picnics, surprise Friday menus, ice cream karaoke socials, and a fantastic movie schedule have kept the crew happy and entertained. The Morale Welfare and Recreation (MWR) Committee has organized some motivating competitions, including the Running of the Cows and the Biggest Loser. The Running of the Cows competition challenges our Sailors to run, bike, or elliptical 63 miles in one month to commemorate the Mighty Moo's hull number. The Sailors that run 63 miles in a month will receive a COWPENS Running club tee-shirt, and bragging rights. The runner with the collective most miles will receive a Nike Sports Watch! Continuing with the focus on a "healthy sailor is a happy sailor" the Biggest Loser competition encourages the crew to drop a few safely through better diet and exercise habits, meaning only two sodas on watch instead of five ☺.



(HT2(SW) Jesse Gonzales and DC3(SW) Rinday Keemp
enjoying the First Class sponsored ICE CREAM SOCIAL!)

After spending a few relaxing and beautiful days in port Pearl Harbor, Hawaii, COWPENS is well on her way to conduct international security exercise. The first true test of deployment for COWPENS, this exercise will showcase shiphandling skills, bridge and Combat Information Center cohesion, and overall tactical operational readiness of Warship 63.

Be sure to follow us on facebook by liking USS COWPENS CG-63. Photos will be posted when internet connectivity is good

☺ And don't forget about your Sailors!
Emails go a long way and care packages are fun to share.

Sailor Bob
WEAPONS DEPT/CG DIVISION
USS COWPENS (CG-63)
FPO AP 96662-1183

CMC's Corner:

Let me first say how proud I am to be able to serve with the amazing crew of USS Cowpens. Your Sailors inspire me everyday and I am honored to be their CMC. At this moment we are preparing for our joint multi-national exercises with our partners in Seventh Fleet. A tremendous amount of effort has brought us to this point and we are eager to test our metal during these exercises. Knowing our Sailors like I do, I can say with a great deal of confidence that we are going to exceed all expectations.

Our Morale, Welfare and Recreation Committee have put together numerous events and competitions for crew's benefit. Spades tournaments, video game challenges, a costume contest, karaoke, and (my personal favorite) no shave / hair down chits all help the crew unwind and have a bit of fun. They also help build camaraderie and bring us closer together.

I would also like to mention the selfless support we are receiving from our Ombudsmen and Family Readiness Group. For those of you who have not yet heard, Mrs. Lynn Harper and Mrs. Amber Holzhauer have volunteered to serve as additional Ombudsmen in support of our families. Additionally, Mrs. Ashleigh Lara is taking the helm for our FRG and has done an impressive job in getting it off the ground. All of these ladies are excelling in what can often be thankless jobs; I encourage all of our Cowpens families to lend their support and appreciation whenever possible.

Air Boss' Corner:

The HSL-49 Detachment SIX
"Immortals" are excited to begin operations

here in 7th Fleet aboard "The Mighty Moo". Since we left San Diego, our highly skilled maintenance team has worked diligently around the clock to keep our pilots and aircrewmembers in the air and flying the mission. After all the hard work involved with deploying on a shortened time frame, this group continues to impress me on a daily basis! The stop in Hawaii was certainly a nice break and we eagerly anticipate visiting several ports out here over the next couple of months. The Immortals are proud to be part of the COWPENS team and are looking forward to accomplishing great things this deployment.

CO's Corner:

Well, WESTPAC 2013 is underway! Rest assured, the Crew is been doing a fantastic job. Many of us haven't deployed in awhile so we're all rowing to ensure mission success. Extended days at sea have a way of bringing everyone together; after all, we're family.

I've encouraged the Crew to write home as often as watch standing, maintenance, and late nights allow. Our ship still needs some love and the GEORGE WASHINGTON Strike Group is keeping us busy as bees!

Hawaii was beautiful and I intend to schedule a 'Tiger Cruise' for those of you that are interested. And, I'd like to spend at least four days in Pearl Harbor so everyone, new and old, can take in the sights and even invite family to visit for a pineapple-laden, tropical air vacation. I, for one, need another run to Bubbies' ice cream shop.

Okay, I've got to get back up to the pilot house and do some Captain-ing... next stop, Singapore.
Remember, I'm always at your service.
Write, call, email... whatever.

Cordially,
The Wild Bull